

## 25642 - Kinesiology

### Syllabus Information

**Academic year:** 2023/24

**Subject:** 25642 - Kinesiology

**Faculty / School:** 127 - Facultad de Ciencias de la Salud

**Degree:** 605 - Degree in Physiotherapy

**ECTS:** 7.0

**Year:** 1

**Semester:** Annual

**Subject type:** Basic Education

**Module:**

### 1. General information

The general objective of this subject is that the student, from the knowledge of its contents, is able to explain the basic characteristics of the elements that form the locomotor apparatus, defining each joint, its mechanisms of stability, movements, amplitudes, limiting factors and muscles involved in each of them. In addition, they will be able to apply basic joint and muscle scanning systems

These approaches and objectives are aligned with the following Sustainable Development Goals (SDGs) of the United Nations Agenda 2030 (<https://www.un.org/sustainabledevelopment/es/>), so that the acquisition of the learning results of the subject provides training and competence to contribute to some extent to their achievement to Goal 3: Health and wellness.

### 2. Learning results

1. To know the anatomical structures that constitute the human locomotor system
2. To be able to explain the basic fundamentals of joint movement.
3. To know the mechanisms of stability, movements, amplitude and limiting factors of each joint.
4. Describe the actions of the main muscles involved in each of the joint movements.
5. Understand, explain and perform the basic principles of joint assessment.
6. Understand and perform the basic principles of manual muscle assessment.

### 3. Syllabus

Block 1: General. Introduction to the study of human movement and generalities of the basic structures of the locomotor apparatus.

Block 2: Kinesiological analysis of the trunk, lumbar/dorsal/cervical spine.

Block 3: Kinesiological analysis of the lower extremity.

Block 4: Kinesiological analysis of the upper extremity.

### 4. Academic activities

#### Theoretical classes (36 h)

Explanation and guidance for the personal study of the different contents of the subject, facilitating the acquisition of competencies and learning results. All the resources of directivity and interaction and support will be used in different audiovisual supports.

Mandatory **practical classes** in small groups (must attend more than 80% of the classes) **(34 hours)**

In the practical classes, role playing will be used as a learning methodology, in which the student is an active part of their learning regardless of the role they adopt. The theoretical contents addressed in the theoretical sessions are transferred to practice, in addition to performing the basic joint and muscle assessment.

#### Teaching assignments and other activities (31.5h)

##### Personal study (70h)

From the indicated activities, the student should be responsible for the creation of personal work schemes and personal programs.

### 5. Assessment system

Calendar of Sessions

- Theoretical classes: 3h/week in the 1st semester and 2h/week in the 2nd semester

- Practical classes in small groups: 2h/week
- Tutoring: individual or group

The final grade for the subject results from the weighted average of:

- 70% the average grade of the written exams.
- 30% of the grade for the achievement of the practical content, and will include group work.

The result of the weighted average must be 5.0 points or higher.

#### Calendar of exams

- 1 midterm exam, multiple choice test, on the official date. 30 questions with possible 4 answers and 1 correct answer. Each incorrect answer is penalized with 0.33 (for every 3 incorrect answers, one correct answer is deducted)
- 2 midterm exams on the official date (2 midterm exams and recovery of 1 partial exam for those who have not passed it)
- In addition, final exam of practical content for students who have not passed/taken the practices during the term.
- June/July exams. Students who have not passed any of the midterm exams and/or have not passed the practical content, will have to take two tests that will cover all the theoretical and practical content of the subject, by means of a multiple-choice exam and a practical exam.
- Students who do not wish to follow the continuous evaluation modality may sit for the exam in the June/July calls, in which they will have to take two tests that will include all the theoretical and practical content of the subject by means of a multiple-choice exam and a practical exam of the subject.